



# STW Schedule

Fitness - Self Defense - GenZ -  
Small Group Training  
Effective March 1st, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM	Strength Training (45Min)	Fury (45Min)	Kettlebell (45Min)	Punch Fit HIIT (45Min)	Strength Training (45Min)	Cycle (45Min)
9:15AM						KM Beginner (60Min) Kettlebell (45Min)
9:30 AM	KM Beginner (60 mins) Ignite Flow (45 mins) (Heated)	KM Intermediate (60 mins)	KM Beginner (60 mins)	KM Intermediate (60 mins)	KM Beginner (60 mins)	KM Intermediate (60 mins)
10:15 AM						Inferno (45Min)
10:30 AM						KM Advanced (60Min) F.I.S.T. Boxing Rotating (45Min/60Min) GenZ Kids Beginner/Intermediate (60Min)
12:00PM	Kettlebell (45Min)	Strength Training (45Min)	Power Fit (45Min)	Strength Training (45Min)	Strength (45Min)	

## Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Strength Training (45Min)	Kettlebell (45Min)	Punch Fit HIIT (45Min) FireFlux (45 mins) (Heated)	Fury (45Min)	Inferno (45Min)	
5:30PM	Inferno (45Min) Cycle (45Min)	Strength Training (45Min)	Power Fit (45Min)	Strength Training (45Min)	CLOSE AT 5:30PM	CLOSE AT 2PM
6:00 PM	KM Beginner (60Min)	GenZ Kids Beginner/Intermediate (60Min) KM Advanced (60 mins)	GenZ Kids Beginner (60Min) KM Beginner (60 mins)	GenZ Kids Beginner/Intermediate (60Min) KM Beginner (60 mins)	<b>Please Note The Following:</b> Groin Protectors are <b>MANDATORY</b> in all KM classes <b>KM students: Must have all the appropriate gear for class.</b> Head gear, mouthguard, shin guards, Men: 16oz gloves, Women: 14oz gloves  <b>KM BEGINNER: Level 1</b> <b>KM INTERMEDIATE: Level 2 &amp; 3</b> <b>KM ADVANCED: Level 4 &amp; 5</b> <b>KM MASTERS: Level 6+</b>	
6:15 PM	F.I.S.T. Boxing (45Min)	KM Beginner (60 mins) F.I.S.T. Boxing (60Min)	F.I.S.T. Boxing (45Min)	KM Advanced (60Min) F.I.S.T. Boxing (60Min)		
6:30 PM	Strength Training (45Min) KM Intermediate (60 mins)	Power Fit (45Min)	RevFit Hiit (45Min) KM Intermediate (60 mins)	Kettlebell (45Min)		
	CLOSE AT 8PM	CLOSE AT 8PM	CLOSE AT 8PM	CLOSE AT 8PM		



100 Crossroads Blvd.  
Suite # 103  
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Check our website [www.stwfit.com](http://www.stwfit.com)  
For upcoming, seminars, events & more



RED - SELF DEFENSE CLASSES  
BLUE - FITNESS CLASSES  
ORANGE - F.I.S.T. BAG CLASSES  
GREEN - GenZ Classes

